

August 8, 2003

Kennedy Institute
Twalah Anthony, Principal
801 Buchanan Street, NE
Washington, DC 20017

Dear Ms. Anthony:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades 7 through 12.

Key highlights from your review:

- Your menu has good variety during the week.

Based on the documentation you provided, the analysis for the week of review indicates your menus are significantly elevated in total and saturated fats. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from Nation's Capital Child and Family Development, you will need to coordinate with them to make any necessary changes.

<p style="text-align: center;">Plan of Action Meal Pattern and Nutrition Standards Compliance</p>	
Observations/Finding	Recommendations
<p>Production records not accurately completed, and not available the day of the on-site review. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain production records.</p>	<ul style="list-style-type: none"> ♦ Production records with <u>planned numbers</u> for each item, including milk and condiment varieties, should be accessible before each meal service. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded. ♦ Served numbers and leftover numbers need to be recorded at the end of meal service to ensure accuracy. ♦ These records must show how the meals contribute to the required food components, and how the meals contribute to the nutrition standards. ♦ Any substitutions made to the planned menu must be recorded and accounted for on production records.
<p>Total Fat (TF): The combined analysis of breakfast and lunch shows TF at 42.88%.</p> <p>Saturated Fat (SF): The combined analysis of breakfast and lunch showed SF at 15.80%.</p>	<ul style="list-style-type: none"> ♦ Choose lean ground beef. ♦ Offer and encourage the students to take 2% and 1% milks, instead of whole milk. ♦ Use low fat mayonnaise in salads, i.e. chicken salad, coleslaw, and as a condiment. Avoid offering a mayonnaise-based salad more than once a week. ♦ Avoid offering students Ranch Dressing as a dip for the potato wedges, unless it is a nonfat dressing. Serve ketchup instead. ♦ Serve reduced fat cheese on sandwiches, or serve ½ oz cheese slices instead of 1 oz. Avoid serving entrée items with cheese more than twice a week. ♦ Carefully review fat content of breakfast baked goods such as the coffee cake and biscuits. Choose items that are low in total and saturated fats.

<p>Only one type of milk served at lunch. Federal regulations (7CFR 210.10 (m) (1) requires a variety of milk be served.</p>	<p>Serve an assortment of low fat white and chocolate milks at lunch.</p>
<p>The federal regulations (7CFR 210.10 (k)(1) requires all components of the breakfast Traditional Meal Pattern be offered for a meal to be reimbursable.</p>	<p>The breakfast pattern requires you offer the following:</p> <ul style="list-style-type: none"> ♦ Milk ♦ Fruit/juice <p>Two of the following of your choice:</p> <ul style="list-style-type: none"> ♦ Bread/grains ♦ Meat/meat alternate <p>Most of your breakfast menus offer the milk and fruit/juice, but offer only one bread/grain serving. This is not a reimbursable meal. Add a second bread/grain or a low fat meat/meat alternate to the menu in order to make it reimbursable. See your <i>USDA Food Buying Guide for Child Nutrition Programs</i> for definitions.</p>
<p>The federal regulations (7CFR 210.10 (k)(1) require 8servings of grains /breads be offered in a week for the Traditional Meal Pattern, grades 7-12. We did not have the Nutrition Facts Labels of all the bread items offered on the lunch menu (dinner roll, hamburger bun). Using the default in our data base for these items, Only 7.5 grain/breads were counted as offered.</p>	<ul style="list-style-type: none"> ♦ Offer more grains/breads each day. Add graham crackers, saltines for salads, rice, etc. ♦ As a guide, offering a minimum of two servings per day will ensure your menus are in compliance. ♦ Adding more grains/breads will also help keep the calories up while you reduce the fat (recommendations above) in your menu. ♦ See your <i>USDA Food Buying Guide for Child Nutrition Programs</i> for definitions of creditable portion sizes for grain/breads.

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These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell
State Director

cc: Pamela Williams, Records Administrator